

AGING AHEAD

Supporting the journey.

SUMMER 2025



Honoring a Legacy, Embracing the Road Ahead

Along with our own journey of aging, every mission-driven organization travels a long and winding road—one filled with challenges, milestones, detours, and unexpected joys. This summer marks a major milestone on Aging Ahead's journey: the retirement of our incredible CEO, Lisa Knoll, and the beginning of a new chapter with Christine Hustedde stepping into the driver's seat.



During her 20+ years with Aging Ahead, Lisa has been at the wheel, guiding our organization

with unwavering focus, heart, and vision. She helped pave the way during uncertain stretches, kept us steady during sharp turns, and never lost sight of the destination: a better, more just future for those we serve. Her leadership

built not just programs and partnerships, but a strong community committed to making a difference in the lives of older adults.

Lisa's leadership has included creating a culture of inspiration and growth. She encouraged staff to seek creative solutions, celebrate the wins and learn from mistakes. She valued maintaining relationships throughout the aging network which allows for collaboration that benefits all. Lisa is quick to deflect any praise back to her team and relishes the accomplishments and successes of staff, volunteers, boards and other aging network providers. Under Lisa's leadership, all were seen, heard, challenged, encouraged, supported, appreciated, and celebrated.

As Lisa prepares to pull off this road and enjoy a well-deserved rest stop, we're grateful for every

mile traveled under her direction. Her legacy will always be part of the map we follow.

We're equally excited to congratulate and welcome Christine Hustedde into the role of CEO. Having served as Aging Ahead's Chief Operations Officer for over 7 years, Christine knows the agency's journey very well, its history, its values, and the roadblocks we're ready to overcome. She brings new energy, a fresh perspective, and the same deep commitment to our mission.

The road ahead is full of possibilities. With thanks for the past and confidence in the future, we move forward—together.

Safe travels, Lisa, and welcome to the driver's seat, Christine. The journey continues.





It has been my privilege to work alongside our staff and volunteers for the past 20 years. Together, we've been able to accomplish so much and I'm grateful to each of them!

I'll never forget them or being a part of the amazing work done at Aging Ahead. I also send my *congratulations* to Christine Hustedde, and am excited to have her leading the Agency forward. Aging Ahead is in good hands!

- Lisa Knoll



Aging Ahead has been fortunate to have Lisa Knoll's leadership for over 20 years. In her most recent role as CEO, she has led the Agency through challenging times yet still managed to respond to

the needs of older adults and the communities we serve through innovative programming that prioritizes equity and dignity for all. Lisa's contributions to the field are numerous and I personally am grateful for her insight, vision, and wisdom. I'm humbled by her many contributions and am energized to build upon her legacy. My vision for Aging Ahead is one that honors our history while embracing bold possibilities for the future of aging services.

Together—with staff, volunteers, and those we serve, we will continue the important work you've championed. Thank you for leading the journey.

- Christine Hustedde

Location & Program Changes & Updates

Senior Centers

The **Washington Senior Center** has moved to a new location: 1121 Columbus Drive (lower level). Operating hours are Monday-Friday 9am to 2pm. Lunch is served at 11:45am. Contact Dee at (636) 239-3374 for more information.

The **Quad Cities Senior Center** is relocating. The center will be closed from July 25-Aug 1st to move. Regular business hours will resume Aug 4th at their new location 1511 Park Drive, Crystal City, Mo 63019. Operating hours are Monday-Friday 9am to 1pm. Lunch is served at 11:30am. Contact Bernita at (636) 937-8333 for more information.

CHOICE

The **House Springs** Senior Center will now be part of the CHOICE program. The CHOICE House Springs program has moved to two new locations:

- St. Martins UCC 3229 High Ridge Blvd, High Ridge, 63049, hours Monday & Wednesday 11am-2pm.
 - NW Jefferson Library 5680 Missouri PP, High Ridge, 63049, hours Tuesday & Thursday 12:30pm-2pm
- Contact Jacki at (636) 677-4578 for more information.

The **Lewis and Clark Library** program will resume on Friday, September 5th at 10am. Lunch must be ordered at least one week in advance. Contact the library at (314) 994-3300 for more information.

The **University City Public Library** program gathers once a month and the next program is Friday, August 8th at 11am. Lunch must be ordered at least one week in advance. Contact the library at (314) 413-1240 for more information.

The **Arnold CHOICE program** will celebrate its one-year anniversary in September. They continue to meet on Mondays and Wednesdays from 12:30-2:00pm at Jefferson College Arnold – 1687 Missouri State Road, Arnold, MO, 63010. Contact Jessica at (314) 413-1240.

Visit our website to see all the senior center and CHOICE program hours, activities, locations and lunch menus. Still have questions, contact the center or CHOICE program. www.agingahead.org/what-we-do/programs-activities-and-locations/



Choose Healthy Fats

Dietary fat gives your body energy and helps brain function! Fat is needed to absorb certain nutrient and protects your organs.

Types of Dietary Fat

Bad Fats

- Saturated Fats: limit to 10 percent of calories each day
- Trans Fat: avoid completely

Better Fats

- Monounsaturated Fats
 - * Avocado
 - * Oil-based salad dressing
 - * Nuts (almonds, hazelnuts, peanuts)
 - * Olives
 - * Nut butter
 - * Seed (pumpkin, sesame)
 - * Vegetable oils (canola, olive, peanut)
- Polyunsaturated Fats
 - * Fish (herring, salmon, trout, tuna)
 - * Oil-based salad dressing
 - * Nuts (pine nuts, walnuts)
 - * Seeds (flax, pumpkin, sunflower)
 - * Vegetable oils (corn, soybean, sunflower)

Healthy Fats

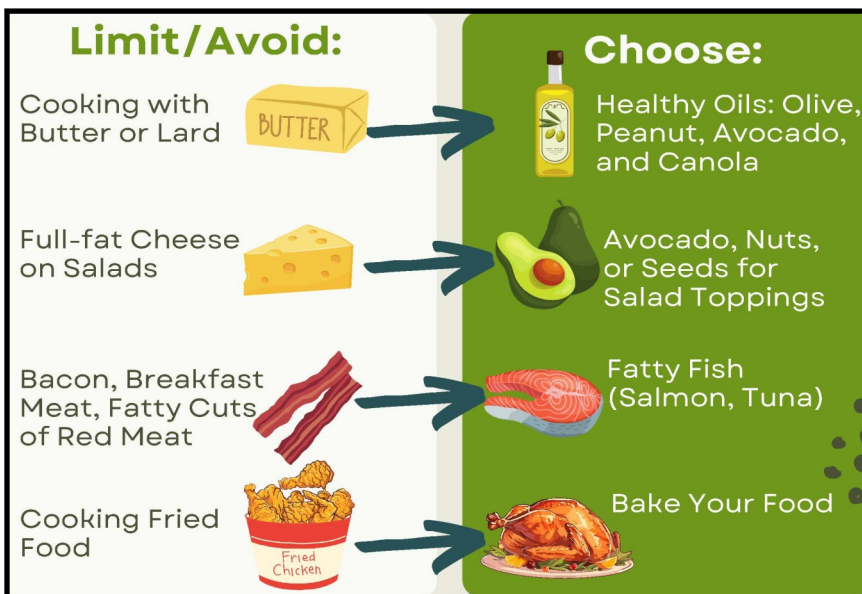
Your body needs fat to stay healthy but it is important to choose healthy fats.

- ◆ Bad fats are normally solid at room temperature (butter)
- ◆ Better fats tend to be liquid at room temperature (olive oil)

Keep in mind that all fats are high in calories and eating them in excess. Can lead to weight gain.

Better fats should make up 20 to 35 percent of the food you eat each day (about 44 to 77 grams each day)

Look at the nutrition label for fat. This is a good way to identify sources of bad fats and foods. To lower bad fat, limit eating desserts and sweet snacks.



Get To Know Kristin-Wentzville

What's the best part of your job? The best part of my job is building connections with the seniors we serve. It's rewarding to hear their stories, learn from their experiences, and offer the support they need. Every day, I can make a positive impact, whether through organizing fun activities, providing essential resources and meals, or just being there to listen. Seeing them happy and knowing I've helped is satisfying.

What keeps you motivated? What truly motivates me is knowing that my work plays an important role in improving the lives of older adults. It's incredibly meaningful to be part of an organization dedicated to ensuring seniors feel connected, supported, and respected. It's an honor to have a positive impact on their lives in many ways.

How do you like to spend your spare time? I enjoy spending my spare time with my family. I have two teenagers who definitely keep life interesting and busy! We especially love going on road trips without a set itinerary. There's something fun about discovering new places spontaneously along the way. I also love to bake whenever I get the chance; it's relaxing for me and a great way to share something homemade with friends and family.

What's the most valuable career advice you've been given? The best career advice I've received is to focus on relationships, not just the work. Building strong connections makes everything more meaningful and effective, and this has guided and helped me along the way.



Connecting Caregivers

We see you; we care about you and we're here to help! Caregiving provided by sibling groups brings a host of circumstances to be considered by those providing the care as well as those receiving it. **"Caregiving with Your Siblings"** by Francine Russo which is found on the website of the Family Caregiver Alliance at the link below, identifies the potential for additional complications of providing care when multiple people are involved.

Identifying family dynamics that can impact caregiving, determining ways that siblings can help, how to increase your chances of getting that help and how to deal with emotions that arise can be explored by considering the following: **Why Sibling Tensions Can Erupt as Parents Need Care**

Watching our parents' age and requiring care can be difficult and each of us may handle it differently. The feelings that this transition brings require compassion for yourself and your siblings. **As a Family, Carefully Consider or Reconsider the Caregiving Responsibilities**

A family meeting, which includes a trusted outside facilitator, is an ideal starting point for discussion of responsibilities. This allows an opportunity for roles to be discussed rather than assumed. **Think About Family Roles When You Were Growing Up and How You Can Change Them for Caregiving**

Realizing that you and your siblings are not the same people now that you were as children will help to expand the roles that each person assumes. Identifying the strengths of the adult versions of each caregiver will benefit the group and your parents. **Try to Separate Your Parent's Needs from Your Own and Yesterday's Battles from Today's Decisions**

It's natural to want to feel loved by our parents and we may try to achieve that by being the "best" caregiver which may include becoming overburdened. Remember that your siblings may feel the same way and realize that it's okay to share responsibilities. The goal is for your parents to be well-cared for.

For more information including:

- Clues That You Are Acting out of Emotional Needs or Fighting Old Battles and
- Tips for Winning More Support from Your Siblings

Please visit <https://www.caregiver.org/resource/caregiving-with-your-siblings/>

Source: Family Caregiver Alliance

Aging Ahead's Community Options Specialists are here to help! We're available to assist you with assessing available resources and supporting you through next steps at the numbers below:

St. Louis County: 636-207-0847

Jefferson County 636-253-0558

St. Charles County: 636-579-0555

Franklin County 636-629-3143

Or by calling 1-800-243-6060



#Humblebrag

We're proud to share a recent article from *The St. Louis American* recognizing **Aging Ahead** Board member, **Jesse C. Swani-gan**.

At its 38th Annual Convention, 100 Black Men of America, Inc. established the **Jesse C. Swani-gan Economic Empowerment Award** in his honor. Jesse is the Treasurer Emeritus and the last living founder of 100 Black Men of America, Inc., an organization that began in 1963 with a mission to mentor and empower Black youth while uplifting communities. He also co-founded 100 Black Men of Metropolitan St. Louis, one of the five founding chapters of the national organization. Today, 100 Black Men of America, Inc. includes more than 121 chapters and over 15,000 members across the U.S., England, and the Bahamas.

Meaningful progress requires collective determination, and as we work to ensure that **Aging Ahead** is a safe and welcoming space for all, we are grateful for Jesse's enduring wisdom and leadership.

Friendly Caller Program

According to the Surgeon General's 2023 report titled – Our Epidemic of Loneliness and Isolation, “Loneliness is far more than just a bad feeling. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and pre-mature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity.”

Aging Ahead's Friendly Caller program is a lifeline for older adults suffering from loneliness. Participants are matched with trained volunteers for a weekly social phone call. The calls provide regular friendly conversation, ongoing socialization and connection with others, and an opportunity to meet new people.

Friendly Caller participant, Kathy says “The FC program really helps me. My volunteer lights up my world and helps improve my outlook on life. I was feeling lonely and sad and she helps by listening and understanding. It's nice knowing someone cares. I look forward to her calls each week and many weeks it was the only call I knew I was going to receive. Thank you Aging Ahead for offering such a wonderful program.”

If you would like to sign up to receive calls or to volunteer, call Madge Witt at 314-791-1128 or email mwitt@agingahead.org.



Thank you to everyone who supported Aging Ahead during Give STL Day! With your help, we raised \$2,451.26 to support older adults on their aging journey. Every dollar helps provide meals, resources, and connection to those who need it most. We're grateful to be Aging Ahead together!



WEAAD Walk

On Sunday, June 8, Aging Ahead and Stifel partnered to host a community walk in recognition of World Elder Abuse Awareness Day (WEAAD). With about 30 participants, the walk served as a powerful platform to raise awareness about the abuse, neglect, and exploitation that too many older adults face—issues that are often overlooked but demand our collective attention.

This meaningful event was the result of a growing and impactful partnership between Aging Ahead and Stifel, led in large part by Kristin Walters, a Compliance Analyst at Stifel and a dedicated member of the Aging Ahead Board of Directors. Kristin was instrumental in spearheading the walk and coordinating awareness efforts that extended far beyond the event itself.

Thanks to combined efforts and outreach, several buildings and landmarks across the region were lit up purple throughout the week of WEAAD, symbolizing solidarity and support for elder abuse prevention. Notable sites included the Stifel Theatre and Channel Nine Commons, visible reminders of our shared commitment to creating a safer, more compassionate community for older adults.

We are incredibly grateful to Kristin and the entire team at Stifel for their support and advocacy. Together, we are taking important steps toward a future where all older adults are respected, protected, and empowered.

Better Together: New Partnership Support Services for Older Adults

Aging Ahead is very excited to announce a new partnership with Essence Healthcare! Essence's efforts to improve the well-being of their members and communities and help create a healthier future for every individual and community they serve aligns perfectly with Aging Ahead's work. Their generous support of our home-delivered meals program and public education goals is much appreciated and just the beginning of the difference we can make when we all work together to support older adults. Thank you to Essence – we are grateful to be Aging Ahead with you!



AGING
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www.agingahead.org
(636) 207-0847
info@agingahead.org
Socials: @agingahead

Newsletter Ad Space

Place your ad HERE! Your ad helps Aging Ahead print and share our quarterly newsletter with thousands of homebound seniors and caregivers. Do you want to see your ad here, reserve your ad space today! Contact Jan at jkeith@agingahead.org.

Aging Ahead thanks the advertisers included in this newsletter for their financial support. Please understand that Aging Ahead is in no way recommending or promoting these entities.

Proud supporter
of Aging Ahead and
their commitment
to serving our
community.



Let's Medicare Together™

Founded by doctors in St. Louis, Essence Healthcare has served only the Medicare community for more than 20 years.

EssenceHealthcare.com



Calling All Community Champions!

We're looking for businesses and organizations ready to make a real impact. **Become a Champion** to help support local senior centers, family caregivers, and the older adults who rely on Aging Ahead's essential services. This is your chance to uplift your brand, employees, and their families while making a meaningful difference in your community. Show your commitment to social responsibility—join us today!

Learn more: www.agingahead.org/get-involved/become-a-champion

Options for becoming a Champion

ADOPT-A-ROUTE

Your volunteer team will deliver a weekly or monthly midday meal to homebound older adults, providing a safety check and nutritious meal.

SUPPORT-A-CENTER*

Your monthly donation will provide a safe and welcoming place for seniors to socialize, enjoy a delicious meal, receive resources, and stay connected through their local community location.

SUPPORT FAMILY CAREGIVERS*

Your monthly donation helps Aging Ahead support family caregivers by providing services like In-Home Respite Care, Incontinence Supplies, Durable Medical Equipment, Adults Day Services, etc.

***6-month commitment required.**